

Your AI-Generated Schedule

Abiodun Marquis' Fall 2025 Weekly Schedule

This schedule integrates academic commitments with the provided soccer training plan. Adjust timings as needed to fit your personal preferences and travel time between locations.

Monday

Time	Task	Duration	Notes
8:30 - 9:20 AM	ENGL 1145 - Intro to Prose Fiction (Lecture)	50 min	Kinesiology Building 215
11:30 AM - 12:20 PM	MATH 1003 - Calculus I (Lecture)	50 min	F.J. Toole Hall 3
1:30 - 2:20 PM	CS 1073 - Intro to Computer Programming I (Lecture)	50 min	Gillin Hall C127
6:00 PM - 8:00 PM	Full-Body Gym Workout	2 hrs	(See detailed workout plan above)

Tuesday

Time	Task	Duration	Notes
8:30 - 9:20 AM	MATH 1003 - Calculus I (Tutorial)	50 min	I.U.C. Science Library 107
10:00 - 11:20 AM	CS 1203 - Overview of Computer Science (Lecture)	80 min	Head Hall (New) C13
1:00 - 2:20 PM	ANTH 1003 - Environment and Climate Change (Lecture)	80 min	Carleton Hall 140
3:00 PM - 4:00 PM	Solo Soccer Plyometrics + Linear Speed Session	60-70 min	(See detailed workout plan above)

Wednesday

Time	Task	Duration	Notes

8:30 - 9:20 AM	ENGL 1145 - Intro to Prose Fiction (Lecture)	50 min	
Kinesiology Building 215			
11:30 AM - 12:20 PM	MATH 1003 - Calculus I (Lecture)	50 min	F.J.
Toole Hall 3			
1:30 - 2:20 PM	CS 1073 - Intro to Computer Programming I (Lecture)	50 min	
Gillin Hall C127			
3:00 PM - 4:00 PM	Soccer-Specific Strength-Endurance / Acceleration Session		
60-70 min (See detailed workout plan above)			

****Thursday****

Time	Task	Duration	Notes
10:00 - 11:20 AM	CS 1203 - Overview of Computer Science (Lecture)	80 min	
Head Hall (New) C13			
11:30 AM - 12:50 PM	CS 1073 - Intro to Computer Programming I (Java) Lab	80 min	
Gillin Hall C112			
1:00 - 2:20 PM	ANTH 1003 - Environment and Climate Change (Lecture)	80 min	
Carleton Hall 140			
2:30 - 3:20 PM	CS 1203 - Overview of Computer Science (Tutorial)	50 min	
Head Hall (New) C13			

****Friday****

Time	Task	Duration	Notes
8:30 - 9:20 AM	ENGL 1145 - Intro to Prose Fiction (Tutorial)	50 min	Carleton Hall 140
11:30 AM - 12:20 PM	MATH 1003 - Calculus I (Lecture)	50 min	F.J. Toole Hall 3
1:30 - 2:20 PM	CS 1073 - Intro to Computer Programming I (Lecture)	50 min	Gillin Hall C127
2:30 - 3:20 PM	CS 1073 - Intro to Computer Programming I (Tutorial)	50 min	Gillin Hall C127
4:00 PM - 5:00 PM	Bodyweight Explosive Session for Soccer	50-60 min	(See detailed workout plan above)

****Note:**** This schedule does not include time for meals, travel, or other personal commitments. Remember to factor those into your day. The soccer training sessions

are estimates; actual durations may vary.